

Nutrition News: Trying New Foods

Eating a variety of foods is important for your whole family. This is because different foods promote growth and health in different ways. Children who learn to eat a variety of foods when they are young are more likely to have a healthful diet, which includes a variety of foods, throughout life. Research shows that eating habits established during childhood stay with children into adulthood.

Try these easy tips to help your children try new foods.

- **Try and try again.** It may take up to 10 times of trying a new food before your child likes it. It is normal for children to be cautious at first.
- **Have your child choose a new food at the grocery store.** Trying new foods is more fun for children when they pick them.
- **Try new foods too.** Children look to their parents and siblings as role models. They will be more willing to try a new food if the rest of the family is eating it too.
- **Prepare new foods in different ways.** If your child doesn't like cooked broccoli for example, try giving it to them raw with a low-fat dip.

